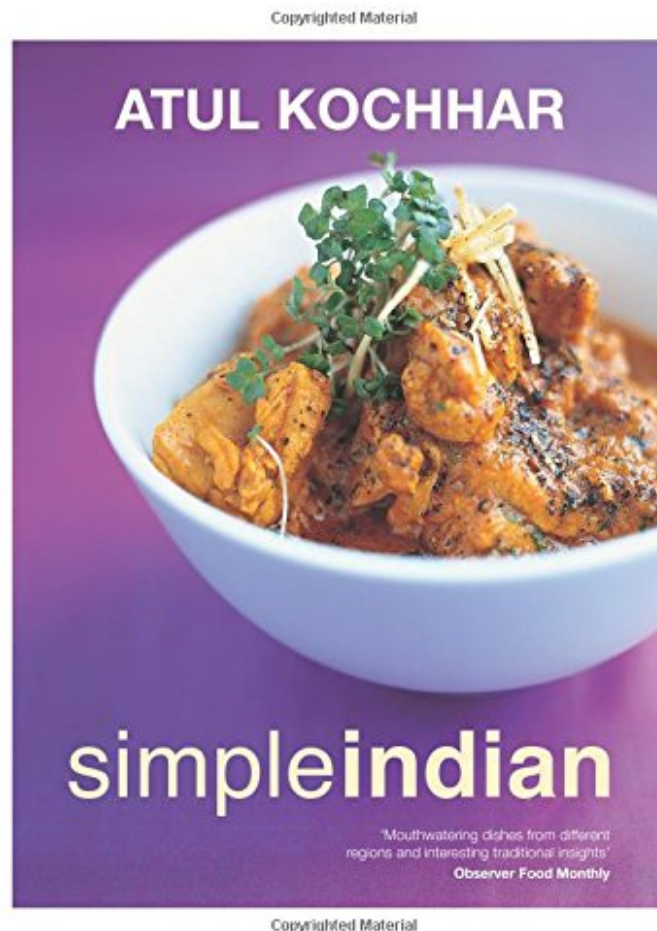


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Simple Indian

Atul Kochhar

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Atul Kochhar : Simple Indian before purchasing it in order to gage whether or not it would be worth my time, and all praised Simple Indian:

Award-winning Indian chef, Atul Kochhar, shares his passion for Indian food with a wonderful collection of recipes based in the rich culinary tradition of the sub-continent. Atul's style of cooking is contemporary and his enticing recipes reflect the diversity of modern Indian food with its vibrant colours and intriguing blends of flavours. All the recipes are drawn from all parts of India, from the rich, meat-based Moghul food of the North to the vegetarian curries of Goa and Kerala and the aromatic fish dishes of Bengal and Assam. Atul provides a hands-on guide to cooking superb authentic Indian food at home. Cooking techniques are clearly explained in the recipes; a good home cook will find most of the dishes in the book easy to prepare and even a beginner could attempt many of them successfully. There are

also menu suggestions and general guidelines for choosing dishes that complement each other for the perfect Indian dining experience.

About the Author Atul Kochhar was the first Indian chef to receive a Michelin star, accomplished during his tenure as Head Chef at Tamarind in 2001, he then went on to open the highly acclaimed Benares Restaurant Bar for which he was awarded second Michelin star in 2007. His approach has changed the way people perceive and experience Indian cuisine. Taking inspiration from his native India, while continuously researching regional dishes, Atul has managed to combine his heritage with his love of British ingredients to create a unique and innovative modern Indian cuisine.